



Why Are Idaho Foods So Good For You?

Idaho Foods are full of different things that help Idaho kids be healthy and strong! There are six **nutrients** that can be found in different types of Idaho foods that can help you.

Fat

FAT
Fat is important to eat. It helps your brain and nervous system grow, gives you energy, and helps your body use some of the vitamins you eat. Some foods have little fat, such as fruits and vegetables.
Other foods have more fat, such as butter, oils, nuts, and meat.
There are different Idaho foods that have fat that are important to eat. Try some of these Idaho foods: butter, oil, fish, and lean beef.



Protein

PROTEIN
Protein is an important part of your body. It builds your muscles to make you strong, helps your immune system so you don't get sick as often, and builds your different organs such as your heart and lungs to keep you healthy and alive.
Different Idaho foods are a great source of protein, such as trout, beef, milk and cheese, beans and lentils. Be sure to eat these Idaho foods to get the protein you need!



Minerals

MINERALS
Minerals help your body grow, develop, and stay healthy. Minerals cannot be made by your body, so you have to eat minerals for your body to get them.
Calcium is a mineral found in milk that helps your bones and teeth grow and stay strong.
Iron is a mineral found in meat, beans, and leafy greens. It helps your blood carry oxygen to your body.
Other minerals found in Idaho foods include potassium, sodium, and zinc.



Phytochemicals

PHYTOCHEMICALS
Like vitamins and minerals, your body cannot make phytochemicals. Phytochemicals are important for the body to grow strong and they also can help keep you from getting sick.
Many vegetables and fruits contain many phytochemicals that other foods do not.
Be sure to eat different Idaho fruits and vegetables to get your phytochemicals. Some Idaho fruits and vegetables to try are apricots, snap beans, blueberries, tomatoes, squash, and sweet corn.



Vitamins

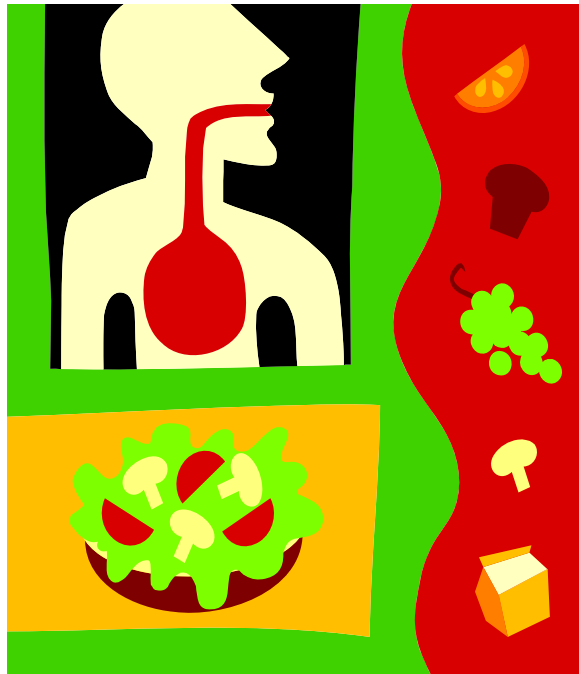
VITAMINS
Different vitamins help your body in different ways. Your body does not make vitamins, so you have to eat different foods to get vitamins.
Vitamin D in milk helps build strong bones and teeth.
Vitamin A in carrots helps your eyes be healthy, and vitamin C in citrus fruits helps your immune system.



Carbohydrates

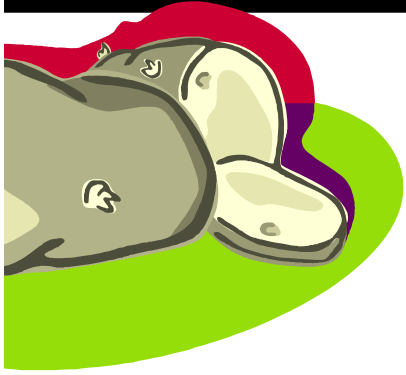
CARBOHYDRATES
Carbohydrates are very important for your body because they are the main source of energy your body needs. There are two types of carbohydrates: simple and complex.
Simple carbohydrates are found in foods like candy and white bread. They are used up quickly by the body and should be eaten in small amounts.
Complex carbohydrates are found in foods like whole grains, beans, and vegetables. They are used up more slowly by the body and should be eaten in larger amounts.



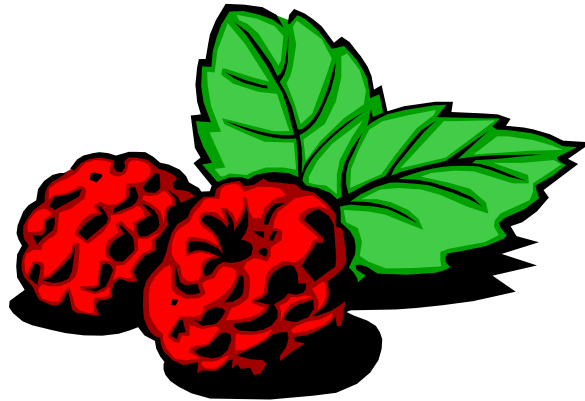


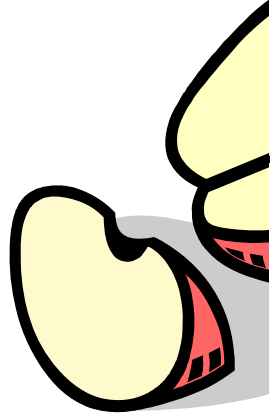
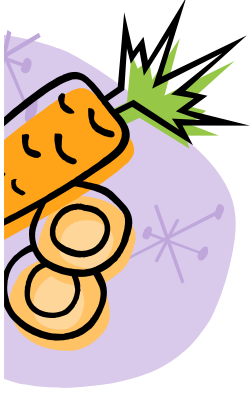
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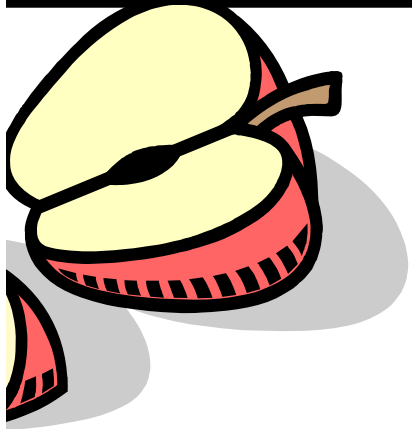
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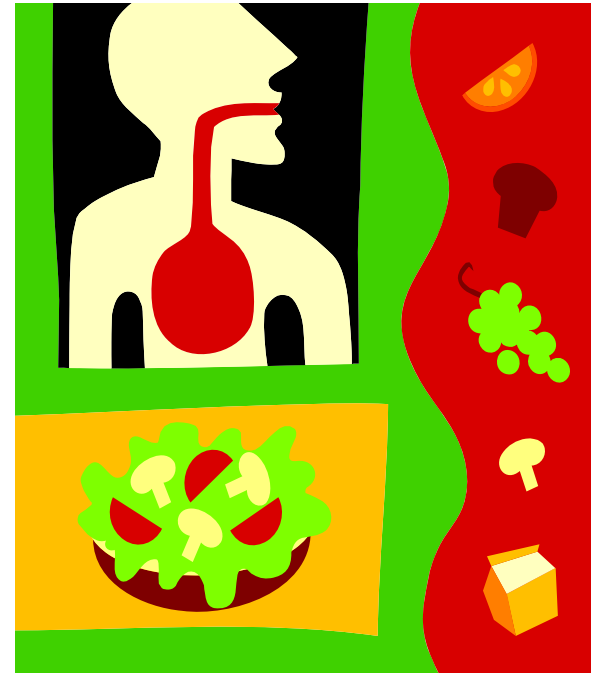
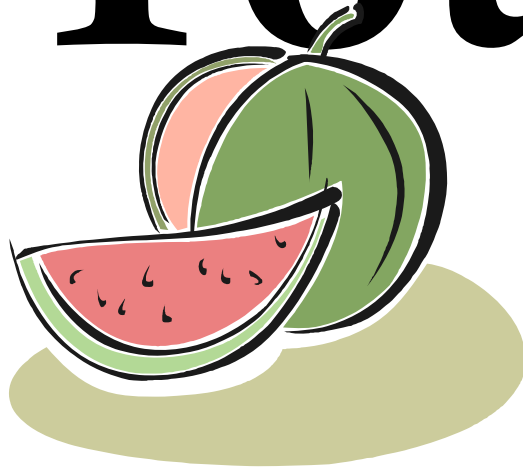


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For You?





Vitamins

Minerals

Carbohydrates

Protein

Fat

Phytochemicals

MINERALS

Minerals help your body grow, develop, and stay healthy. Minerals cannot be made by your body, so you have to eat minerals for your body to get them.

- Calcium is a mineral found in milk that helps your bones and teeth grow and stay strong.
- Iron is a mineral found in beef, beans, baked potatoes with the skin, and whole grains which help your blood stay healthy.

Be sure to eat these and other Idaho foods to get your minerals.

PHYTOCHEMICALS

Like vitamins and minerals your body cannot make phytochemicals. Phytochemicals are important for the body to grow strong and they also can help keep you from getting sick.

Most vegetables and fruits contain more phytochemicals than other foods.

Be sure to eat different Idaho fruits and vegetables to get your phytochemicals. Some Idaho fruits and vegetables to try are apricots, snap beans, blueberries, tomatoes, squash, and much more!

VITAMINS

Different vitamins help your body in different ways. Your body does not make vitamins, so you have to eat different foods to get vitamins.

- Vitamin D in milk helps build strong bones and teeth.
- Vitamin A in carrots help your eyes be healthy, and especially helps you see better at night.

Be sure to eat different Idaho foods to get the vitamins you need, such as apples, cheese, strawberries, cucumbers, wheat, and much more.

FAT

Fat is important to eat. It helps your brain and nervous system grow, gives you energy, and helps your body use some of the vitamins you eat.

- Some foods have little fat, such as fruits and vegetables.
- Other foods have more fat, such as butter, oils, nuts, and meat.

There are different Idaho foods that have fat that are important to eat. Try some of these Idaho foods: beans, lentils, fish, and lean beef.

CARBOHYDRATES

Carbohydrates are very important for your body because they are the main source of energy your body uses! There are two types of carbohydrates:

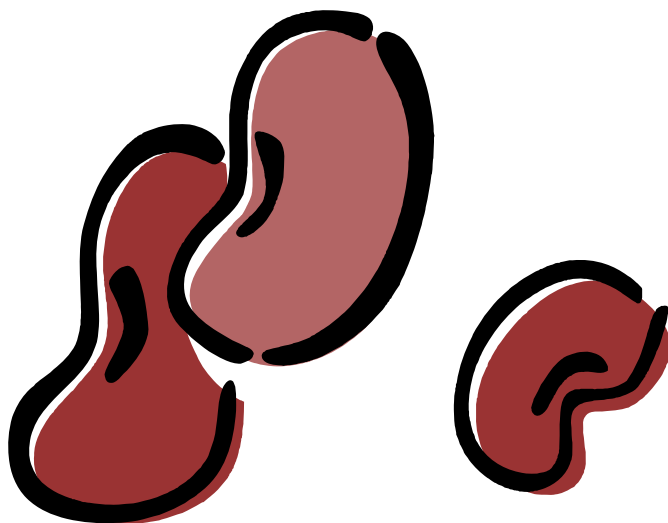
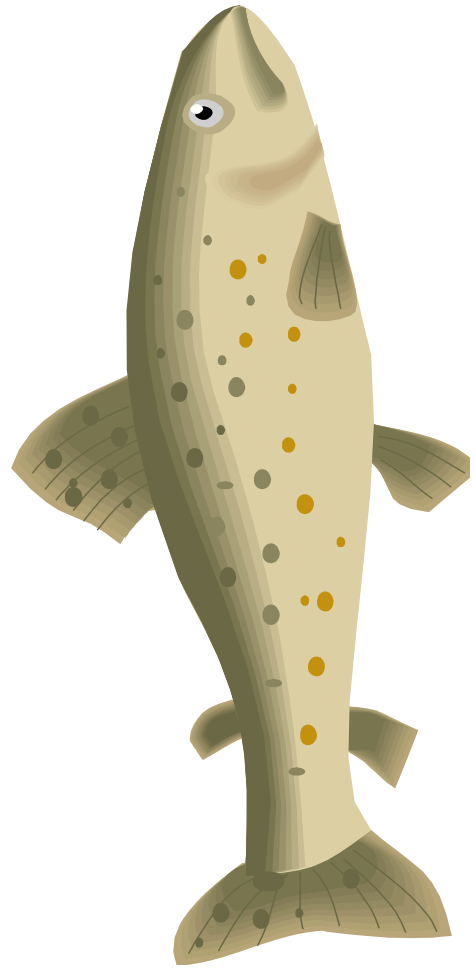
- Simple—such as candy or white bread are carbohydrates that are used very quickly by the body and should be not be eaten as often as complex carbohydrates.
- Complex—such as whole wheat bread and vegetables are used slowly by the body, provide more energy, and should be eaten more than simple carbohydrates.

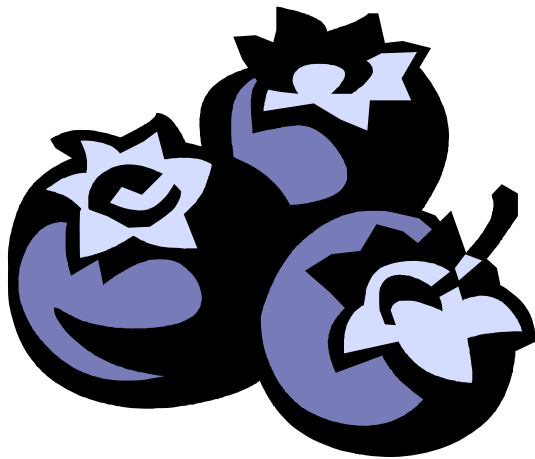
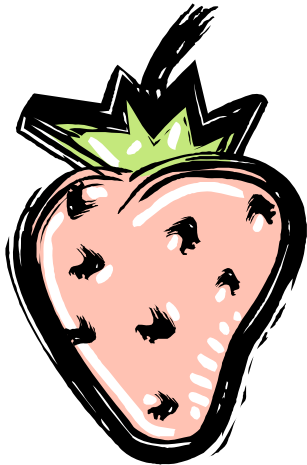
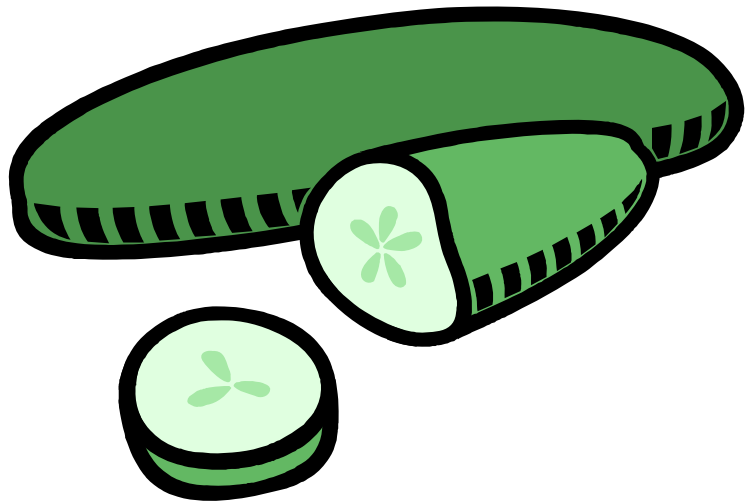
Be sure to eat Idaho fruits, vegetables, and whole grains, like wheat and barley, to get good complex carbohydrates.

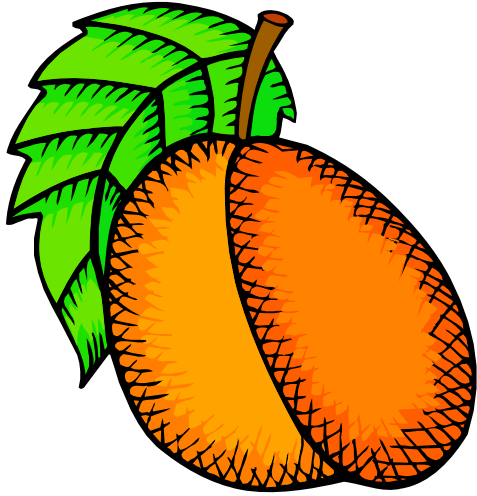
PROTEIN

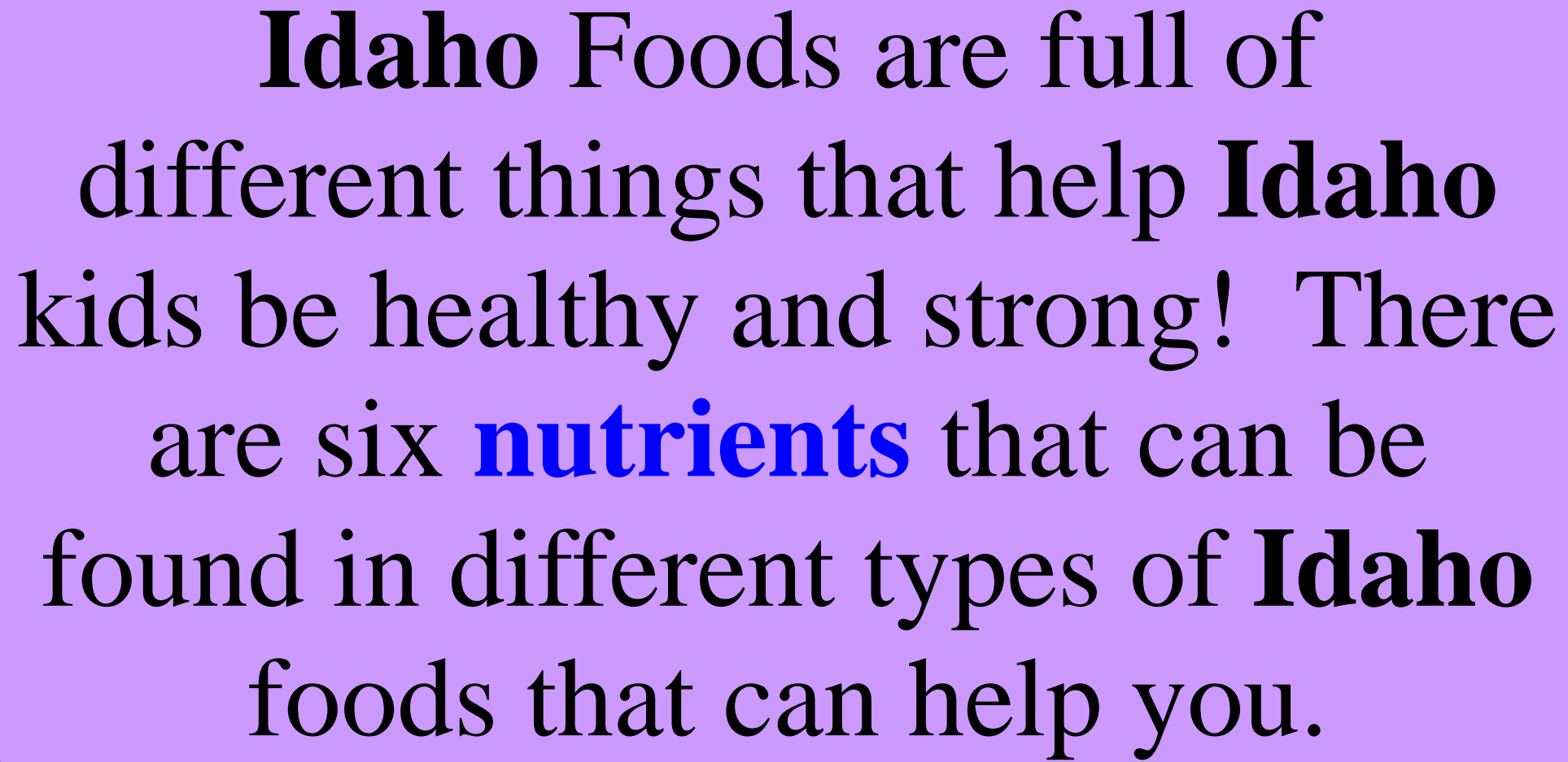
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